



# HAWTHORN DISTRICT 73



## Middle School South



*Presented by:*

**arbor** Management Inc.



Hawthorn Middle School South hosted a successful Dietitian Test Kitchen sampling on Wednesday, May 11<sup>th</sup>! A small focus group of 7-10 students were selected by administration from the 7<sup>th</sup> and 8<sup>th</sup> grade lunch periods to participate in the event with parental approval. The selected students enjoyed their lunch at the designated table while they sampled the featured healthy recipe, created by Arbor's Corporate Dietitian:

### *Fresh* Zucchini & Veggie Quesadillas!

The quesadillas were prepared with 5 simple ingredients: fresh zucchini, black beans, salsa, cheddar cheese, and whole grain tortillas. Students learned about the fresh zucchini within the recipe with Arbor's Corporate Dietitian. A recipe was available for students to create at home.

Seventeen students participated in the event. Six of the ten 7<sup>th</sup> graders and five of the seven 8<sup>th</sup> graders liked the recipe and would order it as a lunch option. Faculty and staff members also sampled the quesadillas with positive feedback. Comments and suggestions included adding chicken instead of beans. Overall, this simple yet healthy vegetarian option was well received. It was a great opportunity for students to try a new recipe packed with veggies, whole grains, fiber, and protein!

